

Amelia

3000 years of history



Umbria

discover the art of living



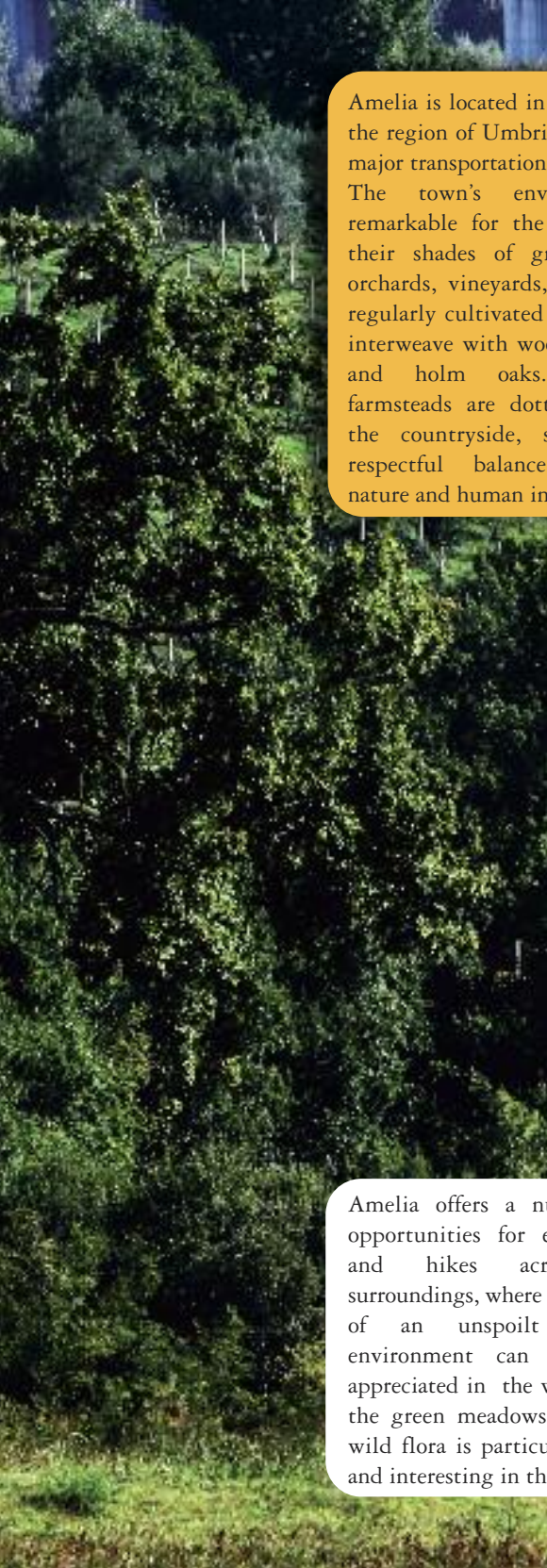


Amelia
3000 years of history

the *Land*
wonderful views



Amelia
3000 years of history



Amelia is located in a corner of the region of Umbria served by major transportation routes.

The town's environs are remarkable for the variety of their shades of green: olive orchards, vineyards, and crops regularly cultivated by farmers interweave with woods of oaks and holm oaks. Ancient farmsteads are dotted around the countryside, showing a respectful balance between nature and human intervention.

Amelia offers a number of opportunities for excursions and hikes across its surroundings, where the appeal of an unspoilt natural environment can be fully appreciated in the woods and the green meadows, and the wild flora is particularly rich and interesting in this area.

Amelia

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A photograph of a tall, ancient stone wall made of large, irregular blocks. The wall is partially covered by dense green foliage and trees at the top. In the foreground, there is a wooden fence made of vertical posts and horizontal rails, and a grassy area. The lighting suggests late afternoon or early morning, with warm golden light hitting the wall and trees.

an ancient
Town

Although legend attributes the foundation of Amelia to the mythological king Ameroe - from whom the name Ameria would later derive - dating back to twelve centuries B.C., it is generally held to be true that the first inhabitants moved to the hill around the eleventh to tenth centuries B.C., thus establishing the first settlement. The current urban structure was outlined between the eighth and third centuries B.C. when its polygonal walls were built.

As reported in the "Historia" by Pliny the Elder (III-14), the foundation of Amelia was mentioned in the "Origines" by Cato the Elder. The town was then declared a Municipium Romanum in the Lex Julia (90 B.C.).

During Imperial times Amelia was a flourishing commercial centre: it had an ideal defensive position and also a river port built at the nearby town of Orte, which ensured a trade connection with Rome.

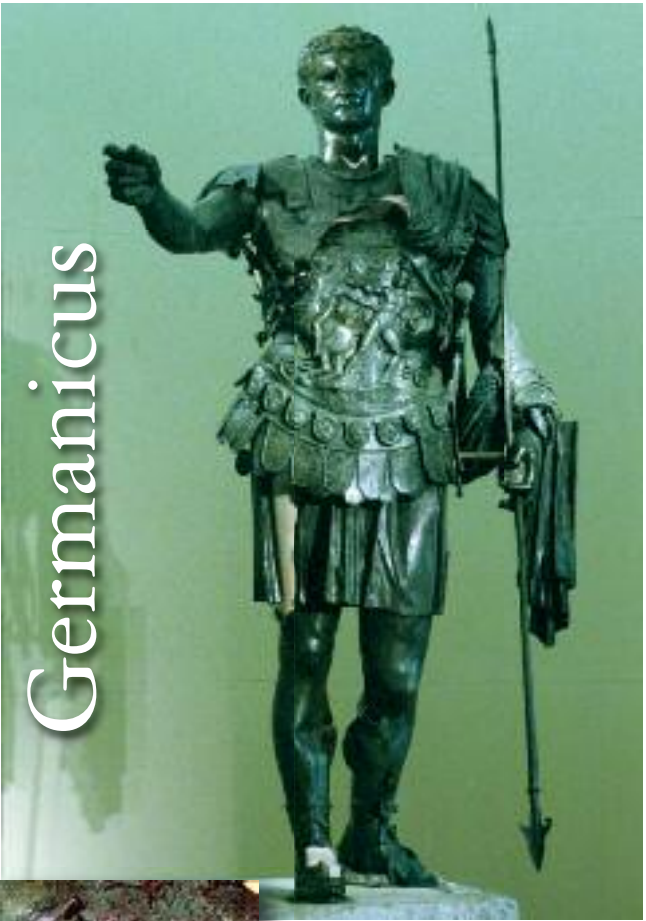
The so-called Via Amerina (or Vejetana) had great importance through centuries, and during the Middle Ages it was the only road linking Rome with the Byzantine Exarchate of Ravenna (it was also called the "Byzantine Corridor").

Other important historic elements in Amelia are its monumental gates, the numerous churches and imposing palaces, and the city walls. They all form a fascinating environment recalling the life of illustrious figures who were born and lived in Amelia: Sestus Roscius, represented by a young Cicero in a trial for patricide; Martino Bartolomeo Cansacchi (1315-71); Clemente Clemen-



tini, personal doctor for Pope Leo X; Mons. Alessandro Geraldini (1455-1524), first resident bishop to occupy the See in the Americas; Pier Matteo Manfredi (1440-1509), remarkable painter of the Umbrian school and disciple of Lippi and Perugino; Gian Francesco Perioni (1490-1575), another painter disciple of Raffaello; and Augusto Vera (1813-1885), philosopher.

Germanicus



There is much evidence of the influence of Rome in the town, such as a number of villas built between the first and fourth centuries A.D. which have been found in the area, or the numerous Roman findings now displayed in the town hall, most of which have come to light thanks to archaeological digs.

But the most important find is undoubtedly the bronze statue of Germanicus - a Roman military leader, son of Drusus the Elder - discovered during maintenance work executed right outside the city walls. The statue is a real masterpiece in bronze artwork of the imperial Roman age, the only one of such proportions still existing. It is extraordinary for its dimensions (it is 2.14m, over 7 ft tall) and for the skill of the craftsmen who forged it.

itineraries between
art
and culture





Amelia
3000 years of history

along the city **walls**

The City Walls and the Gates

This itinerary runs along the millennial city walls and their gates. The town originally had six gates, but today only four of them are accessible. They still represent the only access to the town, and are oriented approximately in line with the cardinal points of the compass.

We start from the **Porta Romana** which, although being the first and most ancient access to town, was completely remodelled between the late 16th and early 17th centuries. It was built in stone and bears at its top a dedication to the Holy Virgin, referring to the survival of the town after an earthquake in 1703. The internal barrel vault is decorated with the coat of arm of the town, consisting of a silver-white band in a pale blue field, bearing the letters A.P.C.A. ("Antiani Populi Civitatis Ameriae," meaning "Elders of the Town of America"), referring to the most important elective group in town by the times of communal independency, as per 14th-century statutes.

We then walk along the **Polygonal Walls**, evident proof of the ancient origins of Amelia, built around the urban settlement with defensive purpose.

It is difficult to date them precisely due to the different types of building techniques and materials and to the lack of in-depth analysis, but we can reasonably suppose that they had already been erected by the 8th to the 7th centuries B.C. to enclose a primitive settlement and protect the access to the Acropolis. Travelers of the 18th century, impressed by the huge size of the stone blocks and by the magnitude of the walls, created and spread the legend that they had been erected by the mythological population of the Pelasgians; hence they are also known as "Pelasgian walls". The walls are unique in Italy for size and extension and are made of mainly rhomboid stone blocks, assembled with incredible skill without using any mortar.

We then reach **Porta Presso Ponte Sisti**, recently rediscovered, located in the southwestern part of the town: it is considered the most ancient of the four surviving gates, probably built at the same time the walls were erected.

A picturesque and shady path leads to the Winter Gardens from which the **Porta della Valle** can be reached; this gate, with its medieval structure, gives access to the upper part of the acropolis, the vital center of the town. From there it was also possible to guard most of the road network leading to Amelia.

To the side of the gate, large parts of the **Megalithic Walls** are visible. A walled enclosure, dated around the 7th to 6th centuries B.C. and continuing across private gardens and basements, may be the remaining part of the most ancient inner enclosure.

Climbing, we then reach **Porta Posterola**, with its unusual structure consisting of two perpendicular doors dating back to the 13th century and still perfectly preserved. It used to be a customs post, probably under surveillance of a guard-house checking the chariots and goods and collecting taxes due. It undoubtedly must have been a strategic point of access for the town.

Walking along Via Luciano Lama, we reach **Porta Leone**, a typical Medieval gate standing on a more ancient archaeological foundation. Dedicated to Pope Leo IV, it gives access to the neighborhood bearing the same name, where since ancient times most of the artisans and craftsmen used to live and work. Blacksmiths, carpenters, coalmen, farriers, bakers and innkeepers had their workshops in this area, which is still today one of the most picturesque in town.

During World War II, along the medieval section of the walls by Via Nocicchia, a bombing occurred on Jan. 25, 1944, which made the jambs of the **Porta del Sole** visible again. Traces of two roads leading toward the point where the **Porta del Sole** used to be are evident in some private gardens located along the walls. The door had probably been built at the same time that the walls were erected.



within the city **walls**

Churches and Palaces

In spite of the numerous traces of the Roman age, the town has a predominant Medieval aspect. Churches and palaces of more recent periods enrich its artistic value.

Our itinerary starts from Porta Romana: from this point we can follow the track of the ancient Roman Cardus Maximus, the present-day Via della Repubblica, along which large portions of the original Roman pavement are visible. To the left is the former **Church of the Ospedaletto** (previously dedicated to the Misericordia and to St. John the Beheaded). It consisted of one single chapel with an annexed oratory which was part of a hospital for pilgrims and the indigent. The vault of the chapel is completely frescoed, probably by disciples of the Zuccari brothers.

Turning right into Piazza Augusto Vera, the elegant travertine façade of the **Church of San Francesco** will appear, built in 1401, rich in romanesque-Gothic elements, with a bell tower built in more recent times. Inside the church the most remarkable elements are the burial monuments of the Geraldini family, two of which, dedicated to Matteo Elisabetta Geraldini, are by the artist Agostino di Duccio. Right by the church is the **cloister of a former convent** (formerly Collegio Boccarini) and the façade of the **Colonna Palace**.

Inside the cloister is the "**Edilberto Rosa**" **Archaeological Museum and Painting Gallery**. In the museum, one of the most important in Umbria, are displayed many findings, among which is the extraordinary bronze statue of Germanicus. The gallery features a number of paintings from the 17th century, a beautiful portrait of St. Anthony the Abbot (1474-75) by local renaissance painter Piermatteo d'Amelia, a crucifixion by Livio Agresti and another painting attributed to disciples of Antoniazio Romano or to Piermatteo d'Amelia.

Nearby the square is **Palazzo Venturelli**, built using Roman structures as a foundation. The floors of the Roman domus, today in the cellars of the palace, have a beautiful mosaic floor decorated with black and white tiles forming geometric and floral decorations.

Proceeding along Via della Repubblica, passing by notable façades of palaces (such as **Palazzo Geraldini**, **Palazzo Pagliaricci**, **Palazzo Mandosi-Barcherini**), we reach the so-called "Croce di Borgo" (Cross of the City) where the four main town streets intersect.

Bearing right into Via Cavour we find the **Church of Santa Lucia**, built on the ruins of the church and school of St. Elisabeth destroyed by a bomb on January 25, 1944. Not far is the **Oratory and Church of the Crucifixion** built in the 18th century on a pre-existing religious building. Inside are paintings of 17th and 18th centuries and an interesting 18th-century pipe organ.

Proceeding along Via Cavour we reach the **Complex of Santa Monica**: the church has baroque decoration with wooden altars and notable paintings. The vaulted ceiling is entirely decorated with frescoes. Proceeding with the walk we cross a number of tiny side streets and alleys intersecting the main street, creating an enchanting atmosphere.

We then reach the church of **St. Augustin**, consecrated in 1288, with a beautiful romanesque-Gothic façade: the notable portal is ornamented with allegoric friezes and bas-reliefs and a lunette with a fresco by painters from the School of Siena (14th century). Inside the church is a precious pipe organ dated 1841 by the renowned Morettini firm with several original pipes.

Descending along Via Posterola you will find the **Monastery of San Magno (St. Magnus)** occupied by Benedictine cloistered nuns. It houses the magnificent **pipe organ of St. Magnus**, dated 1680, the only existing example of an organ with double keyboard and double pitch: this allowed the musicians to play it either from the church, without entering the cloister, or from the choir.



A bit further on is the church of **San Girolamo** (St. Jerome, 17th century), shaped like an octagon, inside which is displayed a fresco of the late 16th century representing the Virgin with Child Jesus; in the Choir, which can be reached from the outside, is an 18th-century pipe organ preserving most of its original mechanics and registers.

Along the way you will reach **Palazzo Boccarini**, residential dwelling of this noble and illustrious family settled in Amelia since the late 12th century. Inside the palace is the Amerino Salon, located on the main (second) floor, with beautiful frescos credited to Livio Agresti, mannerist painter of the late 16th century.

You will then reach Piazza Matteotti, where the town hall is located: the building, once belonging to the Cansacchi family, has some rooms with frescoes from the 16th century and a characteristic internal courtyard where many archaeological findings and architectural friezes are displayed. In the square there is also the access to the **Roman cisterns**. These are a rare example of hydraulic engineering built in the second half of the second century A.D.: there are ten large adjacent caverns creating an complex system for collecting and purifying water. They were used as a water supply for the upper part of the town as late as the 1960s.



Palazzo Cansacchi, of the Cansacchi family of Counts from Amelia, has the typical aspect of the 15th- and 16th-century noble palaces: across a small 14th-century courtyard with a loggia with columns and an octagonal well, you will enter the palace, whose elegant rooms are decorated with frescoes by Federico Zuccari and Pomarancio.

A bit further is the **Social Theatre** built in the second half of the 18th century, thanks to the initiative and funding of local upper middle class which assigned the project and supervision of work to Count Stefano Cansacchi, member of the Academy of Drawing in Perugia. This is a real jewel; it is horseshoe shaped and has three levels of box seats and an orchestra section. All its architectural structures are original. It features two ancient decorated curtains, the more precious of which represents the siege of Amelia by German emperor Frederick II Barbarossa, painted by Domenico Bruschi.

Nearby is the **San Angelo Complex**, a big former convent now belonging to the city of Amelia. The façade is made of bricks framed in travertine; on both sides are two small bell towers, one of which has an ancient clock with a 6-hour quadrant and a mechanism with a small bell striking the hours.

Walking back to Piazza Mazzini you will then proceed towards the religious headquarters of Amelia. You will pass the **Church of Santa Maria di Porta (or Madonnina)** dating back to the late 17th century; inside it, above main wooden altar, is a 15th-century fresco representing the Holy Virgin with Jesus as a child, originally positioned above one of the town's gates.

Ascending to the cathedral square, located on the top of the acropolis, where once the most important buildings of the Roman town stood, today stands the **Basilica-Cathedral of Santa Firmina**: this is an imposing religious building dating back to the 9th century, then enlarged beginning in the 17th century, containing several paintings by artists such as Taddeo Zuccari, Pomarancio, and Gian Francesco Perini. Remarkable are the burial monuments of the Farrattini family by sculptor Ippolito Scalza; this 15th-century chapel also houses a baptismal font by Donatello and two historical pipe organs, one of which is a rare wing positif organ, probably dating back to first half of the 17th century.

Beside the Cathedral is the twelve-sided **Civic Tower** standing nearly 100 feet high, representing the symbol of Municipal independence. Nearby is the **Episcopal Palace**,

whose cellars and undergrounds have been recently restored and can now be visited.

Along the descending street you may admire the façade of the **Battista Geraldini Palace**, whose interiors feature five rooms decorated with fine frescoes by Federico and Taddeo Zuccari.

Proceeding down the slope you will find the **Petrignani Palace** (16th century), now belonging to the municipality of Amelia: painters such as Ganassini and Racani decorated its rooms between the late 16th and early 17th centuries. But its most notable part is the Zodiac Room where the rich ceiling fresco represents the encounter between Attila and Pope Leo IV, the allegories of the four seasons, the signs of the Zodiac, and the maps of some important cities.

Close by is Nacci Palace (15th century), built grouping three former separate medieval buildings, with a beautiful portal and an enclosed loggia.

We will then descend to **Piazza Marconi**, the heart of the Medieval town, very fascinating thanks to its original pavement: here is the typical medieval “**Loggia del Banditore**” from which the town crier issued the magistrates’ notifications announced by trumpet calls.

Continuing, we will cross Piazza Catena, with its fishbone pattern brick pavement and an 18th-century travertine porch, then reaching **Palazzo Farrattini**, a smaller-scale version of the Farnese Palace in Rome. It was built between 1520 and 1525 on order of Bartolomeo Farrattini following a design by Antonio da Sangallo the Younger. The palace has a severe geometric façade with a rough “bugnato” marble-block-decorated portal. In the cellars, large sections of Roman pavement with mosaics are visible. In the front of the palace, at a level lower than the present street

pavement, are the remains of the Roman baths.





outside the city **walls**

Churches and Convents

Right outside of Porta Romana

Abbey Church of St. Secondo or Death's Abbey

Built in the 12th century, it consists of three parts: the most ancient was erected in the area of a Christian cemetery, the second dates back to the Romanesque period, and the third was built in the 16th century.

The interior of the church is decorated in Baroque style and is divided into two separate sections. It features a beautiful wooden choir decorated with priests' vestments of the 'Confraternity of Death' - a group still existing today - and interesting paintings. Annexed to the church is the Oratory of the 'Confraternity of the Good Death'.

Church of St. Mary of the Five Springs

The current church dates back to the 15th century. The reference to the "five springs" is due to the five big medieval arches, located nearby, which presumably once covered five fountains. Externally the building is quite simple, with a façade with the so called "traveler windows", which permitted following the mass from the outside. The interior is frescoed with remarkable votive paintings of the 15th-16th centuries, commissioned to express gratitude for mercy received. Along the right wall is a painting representing the saints Rocco, Christopher, and Sebastian, undoubtedly the most ancient decoration of this church.





Not far from the residential area

Convent of Santissima Annunziata

Marvellous convent immersed in nature in the hills surrounding Amelia, erected in the 15th century on a pre-existing hermitage. It belongs to the Franciscan Friars and features also a picturesque courtyard. The church, quite spare and plain, features a painting of the Annunciation painted by Bruschi. It also originally housed another Annunciation by Piermatteo d'Amelia, known nowadays as "The Gardner Annunciation" as it has been bought by North American collector Isabella Gardner Stewart for her Museum and Gallery in Boston where it is still displayed. The complex also features an ancient planetarium for astronomic research and a marvellous permanent nativity scene modelled in plaster by famous Spanish artist Juan Mari Oliva who specialised in creating typical manger scenes common to many Mediterranean Catholic regions.

Convent of St. James of the Cappuccini

This building, located a few miles from Amelia, is in a peaceful panoramic position amidst green woods. Originally a hospice for pilgrims and the ill (1156), the complex then passed to the order of the minor Cappuccini Friars. In the church visitors can admire a beautiful painting, credited to the painter Piazza, representing the "Virgin with Saints"; a notable wooden crucifixion in the choir; and a valuable painting representing the Last Supper in the refectory. In more recent times a modern sculpture representing St. Francis of Assisi by Umbrian sculptor Aurelio De Felice has been placed in the centre of the cloister.

Villa Aspreta

Two imposing columns give access to a long lane which leads up to this Villa, built in the 18th century, remodelling a pre-existing structure by Renaissance architect Antonio da Sangallo. Most probably on this site once stood a Roman country villa as attested by the presence of two Roman cisterns recently brought back to light. The property is privately owned.

Amelia
3000 years of history

itiner



out of town
rarities

among surrounding hamlets

First Itinerary

Montecampano

Formerly known as "Mons Campanus" this village is situated at the top of a high hill dominating the lower valley of the Nera River. In 1534 it fell under the domination of Amelia and the castle was destroyed and rebuilt several times. The current hamlet still maintains parts of the city walls and towers of the ancient fortress and notable small palaces. It allows marvellous views over the surrounding valleys. Altitude: 350 meters or about 1150 feet above sea level.

Fornole

Known since ancient times as "Castrum Fornoli", it is the most populated of the villages surrounding Amelia. Its name derives from the many furnaces located in this area ever since ancient times. Beginning in the 15th century, Fornole fell under the hegemony of Amelia in the struggle trying to halt the expansion of the town of Narni which dominated adjacent territories. Parts of ancient towers and walls are still visible around the old town. Altitude: 340 meters or about 1110 feet above sea level.

Foce

Ancient scripts refer to this hamlet as "Castrum Focis," an important fortress located in a strategic position dominating the road which still today links Amelia and Narni. Of the ancient castle and gate, towers and fragments of walls are still visible, along with the Romanesque church of St. Gregory. Notable also is the Cistercian convent (18th century) and the annexed Sanctuary of the Virgin of Mercy, housing a very ancient fresco representing the Virgin which is supposed to be miraculous and is frequented by devotees and pilgrims. From the top of the hill of Foce marvellous views can be admired. Altitude: 463 meters or about 1520 feet above sea level.





Sambucetole

This ancient village was completely destroyed in 1413 by noble warlord Paolo Orsini. In 1425, the rulers of Amelia, in order to have a presence in that part of the region, made an agreement with the local nobleman Nicola Artemisi who undertook a commitment to bring 50 families from subjugated populations of Slavic origin to re-populate the hamlet, getting some privileges in return. He actually led only 34 families but, in fact, many of the local families still bear names deriving from Slavic origins. Remains of the Medieval defending structure are still visible in the village. Altitude: 366 meters or about 1200 feet above sea level.

Collicello

Outpost of Amelia along the borders with the possessions of Todi, its name derives from its position on a wooded hill. A great part of the ancient defence structure is still standing: the city walls, the gate, eight medieval towers and the church dedicated to St. John the Evangelist. Right outside the village is the church of "Madonna delle Grazie" (Virgin of Mercy), containing frescoes from the 15th century.

In a district named Galisciano are the ruins of a Franciscan monastery called "Speco di S. Francesco" where the legend tells that St. Francis stopped and lodged. Altitude: 435 meters or about 1420 feet above sea level.



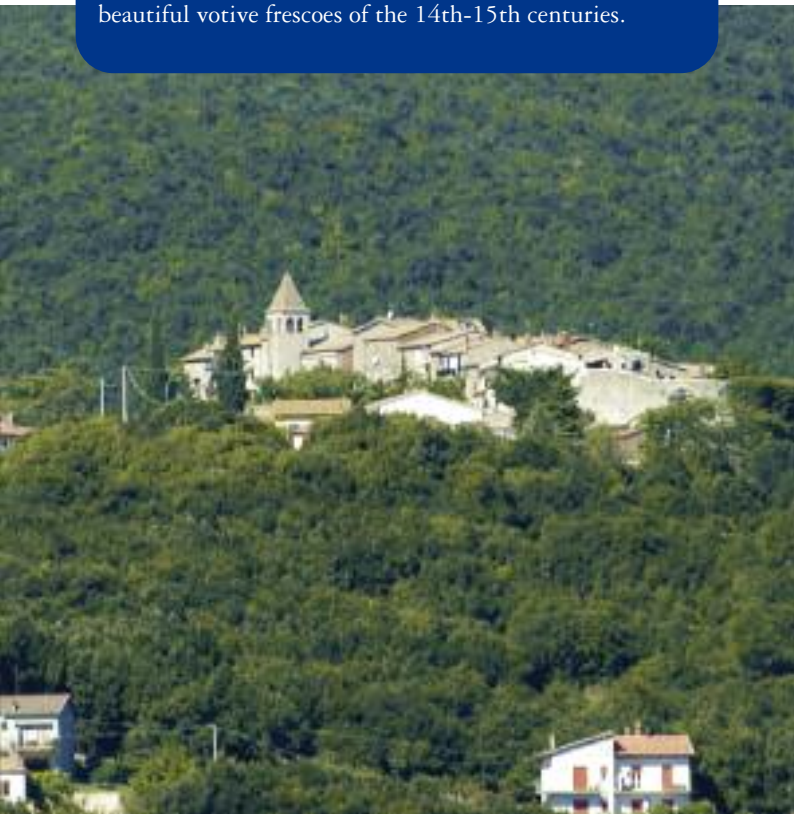
Second Itinerary

Macchie

This typical village is known in ancient documents as "Castrum Machiae": its name derives from the surrounding verdant woods. It was part of the possessions of Amelia and the main gate, one tower and fragments of city walls are what remains of the ancient castle. According to legend, Frederick II Barbarossa stopped on this hill on his way towards Rome which was by that time affected by the plague. Altitude: 552 meters or about 1820 feet above sea level.

Porchiano del Monte

This is the ancient "Fortiano" mentioned in medieval registers as "Castrum", a fortress situated along the valley of the Tiber River. Perched on a hill, Porchiano maintains sections of the medieval towers and the main gate giving access to the castle. Inside the walls, among picturesque alleys, arises the bell tower towering above the church of St. Simeone, inside which is kept one of the stones with blood from the 1263 miracle of Bolsena (miracle of Corpus Domini). Outside the residential area is the church of St. Cristina with interesting frescoes in its interior, whereas less than one mile further is the church of the Holy Trinity, with beautiful votive frescoes of the 14th-15th centuries.



walks amidst nature

The **Basin of the Rio Grande** is a place of incomparable beauty, known also as the "Lago Vecchio" (Old Lake). It is actually an artificial lake formed by the damming of the river Rio Grande by the Ponte Grande (Great Bridge).

The artificial pond, once providing water for the mills, is today used for touristic and recreational purposes: in fact the Rio Grande park is a peaceful and relaxing venue, a perfect setting for those wishing to spend a day surrounded by nature, while practising open-air sports combined with visits to interesting places such as the old medieval dam of the "Para".

Various trails, easily walkable, are available in the park, run by the Friends of the Rio Grande Association.

Many excursions are available in the territory of Amelia: hiking or trekking paths, mountain bike itineraries, and horse-riding trails. Among them we may mention: the **Trail of Macchie**, along which an ecological walk is held yearly; the **ring trail of Collicello**, departing from the square of the hamlet and running across the woods around the village, where in June an ecological walk is held, either by day or by night; the **Trail of Palliccio a Porchiano**, a ring itinerary run and maintained by a group of volunteers (only for walking, free admission). Other activity parks are immersed in the evergreen holly-oak woods : "**La Cavallerizza**" in Amelia, the "**San Silvestro**" Park in Fornole, and the "**Parco Mattia**" in Porchiano del Monte.





Amelia

3000 years of history

events

feasts and food festivals in Amelia



Many events, religious feasts and food festivals take place in Amelia and surrounding areas throughout the year. In May concerts are held in the most beautiful churches of Amelia and nearby hamlets during the **Maggio Organistico Amerino international** pipe-organ festival, with famous musicians coming from all over the world.

In June, the cloister of the church of St. Francis is the setting for **Amelia DOC**, a wine event promoted by a group of Enologists to promote local wineries and their excellent productions with wine-tastings, conferences, events and themed activities.

Between the end of July and the first ten days of August the **Palio dei Colombi** takes place. This is a unique and spectacular equestrian tournament during which the riders representing the five districts of the town compete galloping across a field to hit with their lance a small target placed at the opposite end of the course. Each rider is paired with a crossbowman who, at the end of each round, shoots an arrow towards a target linked to a dovecote; each target hit in the centre will open a door in the dovecote thus setting free a dove which will take flight. The tournament is based on a competition described in the Town Statutes of 1346.

On the occasion of the tournament the town's five districts, coordinated by the Palio dei Colombi Association, prepare performances, costumed plays and shows set in the most picturesque corners of the city. During the evenings special taverns serve delicious meals with menus based on traditional local cuisine.

The event ends in the second weekend of August: on Saturday evening there's a parade with characters in medieval costumes, while on Sunday afternoon the Palio takes place on a field prepared for this event and called the "Campo de' Giochi".

August is undoubtedly the busiest month for events, among which the traditional "**Fetrragosto Amerino**", a week of events by the "Pro-loco" a local association promoting the town: this festival lasts about eight days, features food events, music performances, dancing halls, theatre performances, a big bingo night, and "**Nessun dorma**", a "sleepless night" with events and shows during which restaurants, bars and shops stay open from sunset till dawn.

On November 24th is the Feast of St. Firmina, local patron Saint, celebrated in the Cathedral of Amelia. The most striking moments of this religious feast are the ceremony of the Offer of the Church Candle, in which many people participate, including the mayors from other towns of the region and from Amelia's sister town of Civitavecchia.

During the same month of November there is also a sport-food event, the “**Maratona dell’Olio**”, more recently established, which touches many villages following an ideal trail across olive tree groves and mills where oil is produced.

Throughout fall and winter months there is also an interesting theatre season held at the beautiful **Teatro Sociale**.

Christmas atmosphere is enhanced by decorations in the city centre, small temporary markets held in some of the villages, and Nativity plays. The Nativity manger can be admired in the various churches, such as the permanent one at SS. Annunziata Convent and the one by local artisan Dr. Chiappafreddo, displayed in the Cathedral.

Traditional classic and folk music concerts are performed: not to be missed is the Christmas Concert held on December 26th in the Cathedral by the local City Choir.

Amelia is linked to her sister cities of Civitavecchia, Joigny (France) and Stilyda (Greece): frequent cultural change happen between the towns and delegations are usually welcomed by the local group A.G.A. (Amelia Twinning Association).



A photograph of two people, a man and a woman, harvesting olives in a grove. They are both wearing olive branches in their hair. The man is in the foreground, wearing a white t-shirt and dark pants, leaning over a large sack. The woman is behind him, also wearing a white t-shirt and dark pants, reaching into the olive tree. The background is filled with olive trees and green foliage. The text "local cuisine" is overlaid on the image in a stylized font.

local
cuisine

Amelia
3000 years of history



Traditional Umbrian cuisine is based on simple recipes which enhance the taste of local products.

The flavour of legume soups are often enriched by adding a prosciutto bone.

Other delicious dishes are fettuccine, polenta (grits, or cornmeal mush), manfricoli (or ciriole) handmade fresh pasta kneaded with just flour and water. Not to mention the various types of pizza like the thick one cooked in the firewood hearth under embers, the so called “acciaccata” typical product of Fornole village, or the rosemary thin plain pizza topped with sliced onions and potatoes.

Hunting is a very ancient and traditional activity of this region, providing a variety of game meat including wild boar, hare and fallow deer. Another popular local specialty is the wood-pigeon cooked “alla leccarda”: the bird, once prepared for cooking, is broiled slowly and a bowl (the “leccarda”) is used to collect the drippings, which are then enriched with olive oil, salt, vinegar, sage and minced olives, and used to dress the bird, which is served on a thick slice of toasted bread.

Wild boar meat is often served with cornmeal mush.

The variety of delicious local special ham and sausages feature the “mazzafegate” pork liver sausages, the home-



made prosciutto dried in the cellars, and the “capocolli” served during Easter time with the typical thick and fluffy cheese pie.

Another typical product of Amelia territory are the figs, very ancient fruits mentioned also in documents of ancient Roman cuisine. A delicious local recipe is based on dried figs stuffed with a compote made of almonds, candied fruit or walnuts and cocoa powder. Other traditional desserts are the torciglione wrap pie and grape-must cookies prepared during grape harvest time.

Grapevines and olive tree groves beautify the hills slopes: the natural suitability of this area for the cultivation of grapes was even mentioned by Virgil who mentions in his Georgics that peasants in Amelia skilfully prepared the willows to sustain the grapevines. The Etruscan-Roman Wine-Route itinerary actually begins in Amelia.

Local extra-virgin olive oil reaches top-quality and is the basic ingredient and dressing for any recipe. Oil mills constantly work from November through February: most of them are open to the public for visits during which it is possible to taste the flavor of freshly pressed oil on crunchy slices of bruschetta scented with garlic.

Woods where chestnut trees alternate with Mediterranean scrub abound with precious black truffles and a rich variety of mushrooms spontaneously growing in the underbrush. The Rio Grande park in particular provides a great variety of ancient fruits surely worthy to be rediscovered.





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PROGRAMMA DI SVILUPPO RURALE PER L'UMBRIA 2007 - 2013
MISURA 3.1.3

Amelia can be reached easily: travelling by car along the A1 turnpike, exit at Orte and proceed up the E45 motorway until you reach the exit for Amelia. Alternatively you may exit the A1 turnpike at Attigliano and drive along scenic county road SP31, climbing through the village of Giove before reaching Amelia. The closest railway stations are those of Narni-Amelia and Orte, from which the town can be reached by regular bus service or taxi. Distances: Rome 80 kms (50 miles), Florence 200 kms (124 miles), Perugia 90 kms (55 miles), Ancona 200 kms (124 miles).



Comune di Amelia - IAT Amelia

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